

In The Claims:

Please substitute the following claims for the pending claims of the same number

**Claim 14. (Amended)** The method of claim 5 or 6 wherein said blend

provides not less than approximately 450 mg vitamin C, not less than approximately 400 IU vitamin E, not less than approximately 17.2 mg beta-carotene, not less than approximately 68 mg zinc, and not less than approximately 1.6 mg copper.

**Claim 21. (Amended)** The composition of claim 1, 2 or 3 wherein said

composition is formed into one or more tablets for daily oral ingestion by a human.

**VERSION WITH MARKINGS TO SHOW  
CHANGES MADE**

**In The Claims:**

The claims have been changed as shown in the claims below of the same number wherein added words are underlined and deleted words are {bracketed}.

**Claim 14. (Amended)** The method of claim 5 or 6 wherein said blend provides not less than approximately 450 mg vitamin C, not less than approximately 400 IU vitamin E, not less than approximately 17.2 mg beta-carotene, not less than approximately 68 mg zinc, and not less than approximately 1.6 mg copper{, up until an expiration date of said dosage form produced from said blend}.

**Claim 21. (Amended)** The composition of claim 1, 2 or 3 wherein said composition is formed into one or more tablets for daily oral ingestion by a human {or other mammal}.